

Lotus-Heart-Blossoms

VEGETARIAN RESTAURANT

www.lotus-heart-blossoms.com

OPEN: Tue to Thur 11:30 am - 8:00 pm
Fri to Sat 11:30 am - 9:00 pm
Sunday 10:30 am- 8:00 pm
Sunday Brunch 10:30 am- 3:00 pm
(Brunch items are not listed on this menu)

ALL-DAY SELECTIONS

~APPETIZERS~

Nachos (G) \$8.60
Served with melted mozzarella & cheddar cheese, jalapeño peppers, green onions & guacamole.

Classic Potato Skins (G) \$6.25
Baked potato skins topped with melted mozzarella & cheddar cheese, tangy tomato-chili sauce, faux bacon, chopped green onions & sour cream.

Thai Pandan Wraps \$6.25
Six juicy soy nuggets seasoned with traditional Thai ingredients wrapped in a pandan leaf, baked & served with a curry-yogurt sauce.

Thai Tempeh Cakes (V) \$8.50
Tempeh combined with lemongrass, cilantro & ginger coated with shredded coconut, flash-fried & served with lime-chili dipping sauce & mango chutney.

Sharing Platter (ideal for four people) \$15.95
Warmed artichoke dip, sunflower seed pate, Thai tempeh cakes, Thai pandan wraps, in-house made mango chutney & lime-chili dipping sauce served with a variety of crackers.

~SOUPS & SALADS~

Dhal (G) small \$4.25 large \$7.50
Rich, buttery, Indian-style lentil soup

Soup of the Day small \$4.25 large \$7.50
Please ask your server.

Lotus-Heart-Blossoms Salad (V) small \$5.25 large \$7.25
Baby greens, garden vegetables & toasted sesame, pumpkin & sunflower seeds tossed in a tamari-tahini-herb dressing.

Mediterranean Salad (V or G on request) small \$6.25 large \$8.50
Romaine lettuce, artichoke hearts, olives, sun-dried & cherry tomatoes, red onions, cucumbers & feta cheese & tossed in red wine vinaigrette.

Caesar Salad (G on request) \$8.50
Romaine lettuce served with freshly grated parmesan cheese, in-house made croutons & faux bacon.

Baby Spinach, Beet & Orange Salad (V on request) (G) \$10.25
Baby spinach, fennel, thinly sliced beets & orange segments drizzled with a light orange-flavored dressing. Garnished with goat cheese & reduced balsamic vinegar.

ALL DAY ENTRÉES

Meatloaf
A baked veggie meatloaf with rice, grains, eggs, ricotta cheese & tofu served with mashed potatoes & rich mushroom gravy.
LUNCH ~ Served with salad. \$ 9.75
DINNER ~ Served with roasted vegetables. \$13.95

Ricotta & Spinach Crepes
Topped with a creamy Swiss cheese & nutmeg sauce served with our Lotus-Heart-Blossoms salad.
LUNCH ~ Two crepes. \$11.25
DINNER ~ Three crepes. \$14.30

Pasta Mediterranea (V on request) \$ 8.95
Italian fettuccine noodles tossed with cherry tomatoes, artichoke hearts, kalamata olives, asparagus, yellow peppers, balsamic vinegar & raspberry sauce. Garnished with feta cheese.

Rice & Dhal (G) \$ 6.70
Rich, buttery, Indian-style dhal served over jasmine rice, topped with peanut pieces, fresh cilantro & a flash-fried papadam.

LUNCH ENTRÉES (until 5:00 p.m.)

Mou Shu Rolls \$ 8.75
Pan-fried julienne vegetables with bean sprouts & ginger. Served in a crepe topped with a tangy hoisin sauce.

Avocado Dosa (V on request) \$9.00
A wheat-free rice crepe filled with fresh avocado slices, a creamy mayo-tamari spread & toasted sesame seeds. Served with our Lotus-Heart-Blossoms salad.

Sunflower Seed Pate \$ 7.55
An amazing vegetarian pate served with toasted baguette, pickles, sauerkraut, olives & our Lotus-Heart-Blossoms salad.

Veggie Burger (V on request) \$11.95
Your choice between a sage-walnut patty or vegetarian beef patty served with a roasted red pepper spread & topped with fresh romaine lettuce, tomato slices, thinly sliced red onion & pickles. Served with oven-baked fries.
Optional: Add melted mozzarella & cheddar cheese. \$ 1.50

Soup & Salad Combination \$ 8.25
A cup of soup of your choice served with our Lotus-Heart-Blossoms salad (Please ask your server).

Soup & Sandwich Combination \$ 9.25
A cup of soup of your choice served with our sandwich of the day (Please ask our server).

DINNER ENTRÉES (after 5:00 p.m.)

Thai Coconut Green Curry (V) (G) \$14.00
Crispy fried tofu & sautéed Asian vegetables in coconut milk green curry served with lime-zested jasmine rice & roasted almonds.

Masala Dosa (V on request) (G) \$13.95
A South Indian dish consisting of cashew & potato masala mixture wrapped in a rice crepe & served with mango chutney, dhal soup & a flash-fried papadam.








Barbequed Tofu Rice Bowl (V on request) \$13.50
Tofu seared in a mouth-watering barbeque sauce served with stir-fried veggies, toasted black & white sesame seeds & jasmine rice.

Gourmet Veggie Burger (V on request) \$15.25
Your choice between a sage-walnut or vegetarian beef patty. Please choose three toppings from the following: garlic-roasted goat cheese, melted Swiss cheese, veggie bacon, sautéed mushrooms, roasted sweet peppers or seared red onions.

All burgers are served with oven-baked fries & our Lotus-Heart-Blossoms salad.

Tourtiere \$13.00
A delicious, savory pie made with grains, onions & mushrooms seasoned with aromatic spices & fresh garlic. Served with our Lotus-Heart-Blossoms salad.

BEVERAGES







 Mango Lassi	\$3.75
A refreshing yogurt drink flavored with mango pulp & ground cardamom.	
 Apple Cider – Hot or Cold	\$2.50
 Lemonade with a Twist	\$2.50
Made in-house with fresh lemongrass.	
 Coconut Water	\$3.00
 Soft Drinks	\$1.50
Coke, diet coke, ginger ale, 7-up, soda water	
 Black River Juices	\$2.50
Organic apple, Bartlett pear, raspberry or mango.	
 S. Pellegrino Mineral Water 750 ml	\$5.50

~Teas and Coffees~




 Chai – Hot or Iced	\$3.50
A delicious spiced black tea brewed in-house, mixed with your choice of cow's milk or soy milk.	
 Selection of Teas	\$2.25
Please ask server for a list of teas available.	
 Belgian Style Hot Chocolate	\$3.50
A rich, creamy beverage made with 100% pure cocoa, & topped with real whipped cream.	
 Almond Hot Chocolate	\$3.50
Made with cocoa, coconut cream, almond extract, Melted chocolate chips & a pinch of chili flakes.	
 Chai Frappe	\$3.50
Chai blended with milk, vanilla ice cream & topped with real whipped cream.	
 Premium Multatuli Coffee	\$2.25
Organic and Fair Trade.	

(V) Vegan.
(G) Gluten free.

~Mocktails~

 Banana-Strawberry Breeze (V)	\$3.75
Pineapple juice, fresh strawberries, bananas & coconut cream.	
 Kiwi Coconut Cream (V)	\$3.00
Kiwi juice, coconut cream & mint blended with ice.	
 Lime Margarita (V)	\$3.00
Lime & orange juice blended with ice.	
 Mango Cranberry Splash (V)	\$3.50
Mango & cranberry juice topped with bitters.	
 Piña Colada (V on request)	\$3.50
Pineapple juice, coconut cream, cream & lime juice served over crushed ice.	
 Patio Punch (V)	\$3.50
Orange, pineapple & grapefruit juice topped with 7-up.	
 Mocha Punch – Iced	\$4.00
Melted chocolate layered with coffee, ice cream & almond extract topped with whipped cream & chocolate shavings.	

~Fruit Smoothies~

Base: Choice of orange juice, apple juice, pineapple juice, cow's milk or soy milk	\$4.00
Fruit: Choice of strawberries, banana or blueberries.	
ADD:	
 Protein Powder (Soy)	\$1.00
1 Scoop (25 grams of protein)	
 Yogurt	\$1.00
 Spirulina	\$1.00

~Milk Shakes~

Made with lots of ice cream & topped with real whipped cream. Chocolate, vanilla or strawberry (made with fresh strawberries). (Child's portion \$2.00)	\$3.50
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Roadrunner Express Delivery Service
548-1107 or 548-1641

Prices: City of Kingston \$3, Kingston Township \$4



Lotus Blossoms

VEGETARIAN RESTAURANT

185 Sydenham St. Kingston (613) 549-7777

TAKE-OUT MENU

TAKE OUT ~ EAT IN ~ CATERING